Dr. Patty Deldin

Founder of Mood Lifters

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Issue #78



The Crazy Wisdom Biweekly

shining a light in the dark



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The Crazy Wisdom Weekly



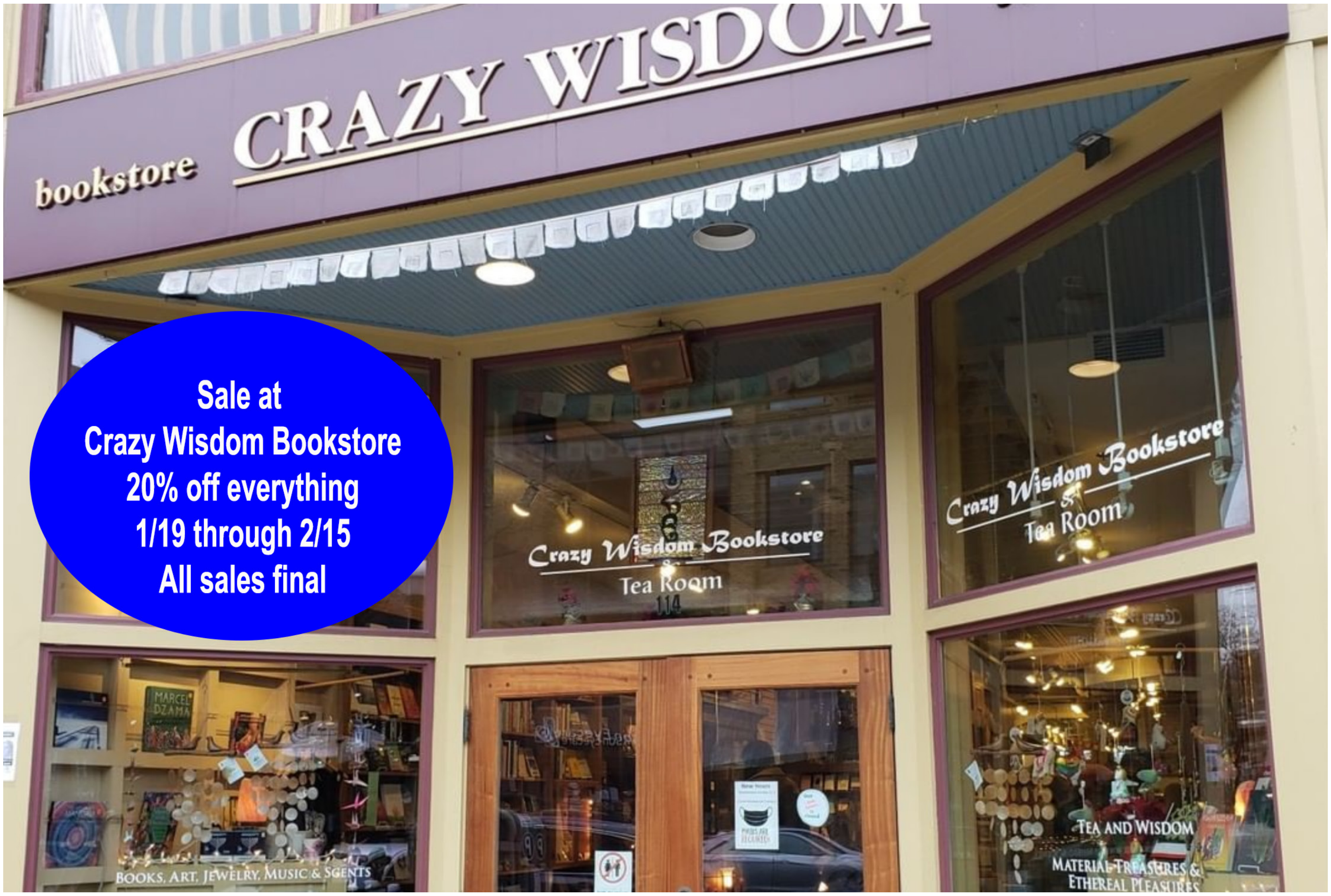
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Issue #79 of The Crazy Wisdom Community Journal available now!

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Featuring: Lou Weir and the Diamond Approach, What We Can Predict by Rev. Marie Duquette, Moving Meditations, Faith and Doubt, our kids book picks, handcrafting column, restaurant reviews, calendar of events, and more!





Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

Thank you to our contributors for this issue:

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Cover photo by Yuli Wu.

Word of the Week:

Virago

A strong, brave, or warlike woman; a woman who demonstrates exemplary and heroic qualities.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

From Our Current Issue

Restoration Through Ink



By Cashmere Morley

Identity, as defined by the *Oxford Dictionary,* is "the fact of being who or what a person or thing is." As a society, now more than ever, the meaning of one's identity has never been more fluid or more open to interpretation. What defines someone's identity? The answer is different for everyone. But for those asking that question, tattoo artist Jamie Wedge at the Lovely Monkey Tattoo in Whitmore Lake is hoping to provide a solution.

Wedge specializes in areola and nipple restoration tattoos. Her clients include women, men, and transgender people who have had "breast reconstruction, mastectomies, and other breast surgeries."

A tattoo artist since 2006, Wedge's portfolio consisted mainly of illustrative and floral pieces up until 2016. Coincidentally, that was the year that shop owner Dana Forrester opened the Lovely Monkey Tattoo, in Whitmore Lake, a sister-store to Ann Arbor's Lucky Monkey Tattoo. 2016 would end up changing the course of Wedge's career. It all began with a client who came to Wedge asking to cover cancer scars.

"During her cancer battle, she had breast reduction surgery," Wedge explained. "She had a lot of breast tissue left over, which was great. But they took her areola away." The areola is defined as the "small circular area, in particular the ring of pigmented skin surrounding a nipple."

"She asked me to cover [the cancer scars] up with imagery. This process took about six months. Over that time, I got to know more about her, and about her sister, who was going through the same thing, but she had a completely different situation." That client ended up requesting a realistic areola tattoo, to replace her nipple loss.

After working with that client and learning more about her story, Wedge realized the impact her areola tattoos could have. Restoring that part of a woman's body through art became an empowering moment for the both of them.

"Working with her," said Wedge, "I realized that I needed to do something more." Enter Dana Forrester.

Forrester just so happened to be searching for an artist who could tackle the challenges that come with realistic areola tattoos. Up until that experience with her client, Wedge had not considered areola tattoos as a great need, but here was Forrester, searching for an artist to regularly produce such a tattoo.

The space Lovely Monkey occupies was once a five-and-dime. Then an ice cream shop. But now, in its current incarnation, the little red and white Victorian-style building that houses the tattoo shop adds a punch of femininity to Whitmore Lake's downtown scene. The Lovely Monkey is similar to its sister store, in that the shop is known for producing some of the most vibrant, creative, professional tattoo experiences in the area. But, Lovely Monkey sets itself apart by being women-run and women-focused. Once open, Forrester began seeking an artist who could mesh femininity with this unique method of tattooing to bring a slice of female empowerment not just to Whitmore Lake, but Michigan in general, in a way that had never been seen before in the tattoo world.

After 15 years in the tattoo business, Forrester saw a need for artists who could tattoo realistic-looking nipples. Forrester, who co-owns her tattoo shops with husband James Trunko, lost her sister-in-law Mary Clare Greenblatt, to breast cancer. After that, her mission to fill the void for a good nipple tattoo artist became a personal one. Now, she views this style of tattoo as one that not only brings peace and light to a stranger's life, but one that continues to honor Mary.

Areola tattoos require a knowledge of 3D realism. Pair that with the fact that the tattoo area is a sensitive one, both physically and emotionally, so the tattoo becomes a challenging piece, for even some of the most seasoned tattoo artists.

Read more online

Improve Your Mental Health with

Mood Lifters

By Jacob Rich

If you have ever sought professional mental health care in Ann Arbor, you know that the process of finding the right therapist, psychiatrist, or support group can be challenging. The search often runs up against lengthy wait lists and hours of calling seemingly open therapy groups that turn out to be full once they finally call back. And since the pandemic started, demand for therapy skyrocketed and providers with open slots for new patients dried up—and it seems like that deficit has only worsened over time.

Dr. Patricia Deldin, Professor of Psychology and Psychiatry at the University of Michigan and Deputy Director of the Eisenberg Family Depression Center, understands this problem better than most after years as an expert in the field.

"The number one complaint I hear in my role at the Depression Center is that it takes weeks or months for people to get care. These are people who might be very troubled, and they still can't find help. Ironically, if you look at a map of the United States where they show how many providers they have per capita, you see in Washtenaw County that we supposedly have enough. But tell that to the people who are waiting six weeks to get in or are on indefinite wait lists. Every single provider I know has long waitlists for care in Washtenaw County."

This is but one of the many problems facing the mental health care profession that Dr. Deldin has aimed to fix with Mood Lifters, a revolutionary new holistic mental health care program that has already treated over 1,000 people—primarily in Washtenaw County. It has the potential to make a serious dent in solving the issue of access to care, and the program is growing each year.

"Mood Lifters was born out of the frustration of seeing a lack of access to high quality care that's evidence based. I had found recent success in Weight Watchers and found that its peer support system had really made a difference in my health—I lost 35 pounds. I wanted to apply a similar structure to mental health, using the best evidence-based strategies known to science in a supportive environment like Weight Watchers. That was the initial spark for creating Mood Lifters."

After signing up for Mood Lifters, participants join a small group of peers for a 15-week, one hour each week course of meetings in which they learn key science-based techniques for improving mood and reducing depression and anxiety. "I believe that one of the problems with traditional therapy is that it tends to focus on one-dimensional treatment rather than a holistic approach that covers biological, psychological, and social treatments," Dr. Deldin said. "We look at the big picture of mental wellness and explore all avenues of getting better—for example, we emphasize how running daily has proven to be as effective or more effective than traditional psychological medication."

Mood Lifters' website and promotional materials are filled with quotes from people who have found success in the program. As one participant put it, "Mood Lifters saved my life." Yet another: "I find that I am more equipped and empowered to resist spiraling into a dark place."



Dr. Deldin, Founder of Mood Lifters



When Dr. Deldin sees the success that many of her participants have had, it hits home for her.

"I recently was in a situation where I could not find care for family members who needed it in New York and Maryland that was evidence-based. It's frustrating because we have things that work for people. It's not perfect but it can work really well and help a lot of people reduce their suffering. And it was really disheartening that those people that I loved didn't have access to high-quality care. These illnesses have high morbidity rates, but they are also highly treatable. It's an excruciating combination to see. 20% of people with bipolar disorder are likely to die by suicide. And if we can prevent even one of those, it's definitely worth it."

Dr. Deldin mentioned that one of her proudest accomplishments so far with Mood Lifters has been the Palliative Care group, a group that supports adults with children in palliative care or other serious medical conditions, supported by the University of Michigan Palliative Care Program for Children. Dr. Ken Pituch, Attending Pediatrician at CS Mott Children's Hospital, was one of the organizers of this collaboration.

"More than 30 parents of my patients have participated in one of the 15-week groups," he said in a testimonial for Mood Lifters. "All of them were incredibly enthusiastic about how helpful it was for them. Parents of medically complex kids have little time to attend to their own health and mental health needs—this program fills a much-needed space!"

Like many local businesses, Mood Lifters had to make major pivots after the pandemic. They had to quickly shift from in-person group meetings to online-only. But, unlike the many services that were forced to offer limited or inferior service, Mood Lifters has shown with data to be just as effective in reducing depression in online meetings as it was in person.

"We have found that the gold standard in the field is to reduce symptoms of psychiatric illness with behavioral treatment by 25%. When I first created Mood Lifters I thought of it as therapy lite. My goal was to help reduce even just by 15-25%, in the sense that we had a low-cost highly accessible program and reducing symptoms by any amount was meaningful. It turns out that, even online, that's what happens for people who are in the mild range—a 25% reduction. But when we get to moderate or severe range, we lower depression and anxiety by about 50% and in some online populations up to 65%. So that effectiveness is really impressive in my field."

If you are looking to improve your mental wellness in 2022, consider joining a Mood Lifters group. Dr. Deldin noted that there are plenty of ways for locals to get involved.

"Right now, we're running groups for adults through our Ann Arbor office, on Zoom. We're also working with Beaumont Health hospitals, which are providing free Mood Lifters groups for people living in their local communities. In addition, we're continuing to provide free support with the Palliative Care group through the University. In terms of our research, we're running a randomized control trial for people with Bipolar Disorder, and another study specifically for graduate students and young professionals age 22-32. A randomized control trial is basically the gold standard way to determine if a treatment works. Also in development right now are unique programs for specialized groups: kids, teens, seniors, and athletes."

Everyone can go to www.moodlifters.com to find out more about the program. If there are folks with any questions or if they have financial need they should reach out to info@mood-lifters.com.

If you live near a branch of the Beaumont Health system, you can participate in an upcoming group for free by going to https://moodlifters.com/calendar-of-meetings/ and scrolling to the Beaumont section.

If you are interested in participating in one of the upcoming studies for bipolar disorder, you have to be in the Prechter Bipolar Program in order to participate. Visit the Prechter Bipolar website to join that study: https://medicine.umich.edu/dept/prechter-program/bipolar-research/bipolar-disorder-research-projects/longitudinal-study-bipolar-disorder

Parents of children in Palliative care can join a specialized group for free at https://moodlifters.corsizio.com/c/6182b8ac85a6c651e7c2c777.
For grad students and young working adults age 22-32, Mood Lifters is looking for participants for our study on their demographic. They can visit https://UMHealthResearch.org/#studies/HUM00163570 or reach out to Neema Prakash via email at epicsinterest@gmail.com

The Crazy Wisdom Community Journal

Calendar Editor / Social Media Manager Wanted!

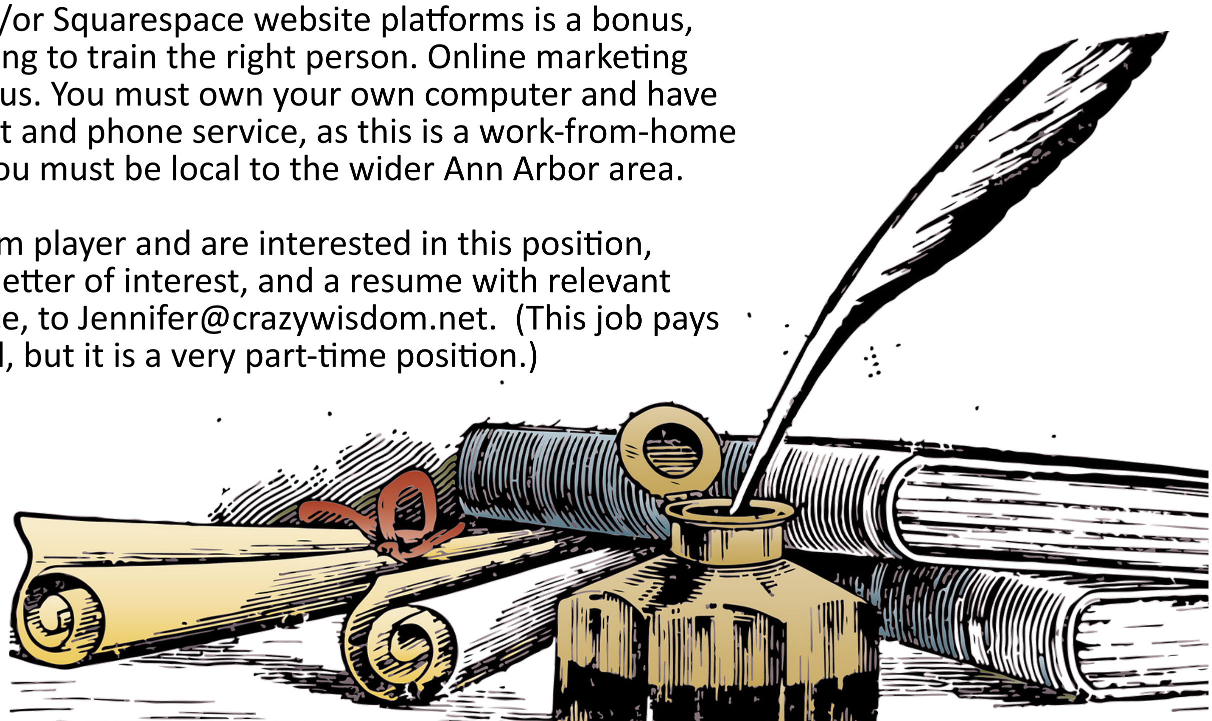
The Crazy Wisdom Community Journal is looking for a detail-oriented Calendar Editor, and for that person to also be our Social Media manager and the editor for our *Ann Arbor Holistic* website—a person who is interested in the holistic and conscious living subjects we cover. This job entails 25-35 hours of work on each issue of *The Crazy Wisdom Community Journal* (we publish 3 issues per year) plus 5 hours per week as our Social Media manager and *Ann Arbor Holistic* website editor.

This person will work closely with our Managing Editor on the Calendar, upload calendar events to our online community calendar; send out deadline reminders; reach out to holistic practitioners; and help build online presence for the *Ann Arbor Holistic* website.

In terms of Social Media, this person will be posting many times a week to various platforms such as Facebook, Instagram, Pinterest, and elsewhere. She/he will be working to build more readership for our *Crazy Wisdom BiWeekly* and *Crazy Wisdom Community Journal* content.

This person, as our Calendar Editor, would be in charge of compiling and editing the seasonal community calendar for our readership—somewhere between 300 and 550 listings per issue. We are looking for someone who has an interest in local events, knows how to use Google sheets and forms, is familiar with Word, and is a good proofreader. Experience with Wordpress and/or Squarespace website platforms is a bonus, but we are willing to train the right person. Online marketing experience a plus. You must own your own computer and have reliable internet and phone service, as this is a work-from-home position, and you must be local to the wider Ann Arbor area.

If you are a team player and are interested in this position, please email a letter of interest, and a resume with relevant work experience, to Jennifer@crazywisdom.net. (This job pays reasonably well, but it is a very part-time position.)



Banished Words for 2022

Mass communication? Miscommunication!



If you're going to turn to the vernacular to make yourself known, be sure you're accurate and concise. Avoid error in and exploitation of everyday language. In short, do the opposite of what the public and the media did this year.

The irked and the amused from around the country and across the world sent that mock-serious message in their entries for Lake Superior State University's annual tongue-in-cheek Banished Words List. LSSU announces the results of the yearly compendium on Dec. 31 to start the New Year on the right foot, er, tongue.

Common parlance dominated submissions for the past 12 months. More than 1,000 of the 1,250-plus nominations of words and terms for banishment for misuse, overuse, and uselessness for 2022 were colloquial.

The No. 1 offender: "Wait, what?" These two four-letter words should not go together under any circumstances, according to many nominators and the contest judges from the LSSU English Department, because the two-part halting interrogative is disingenuous, divergent, deflective, and other damning words that begin with the letter d.

"Most people speak through informal discourse. Most people shouldn't misspeak through informal discourse. That's the distinction nominators far and wide made, and our judges agreed with them," said Peter Szatmary, executive director of marketing and communications at LSSU.

"Also, seven of the 10 words and terms that LSSU banished last year reflected real-world concerns about COVID-19, while three could be categorized as quotidian. This year, as the global pandemic persists along with adaptations to it, the inverse occurred. Seven of the 10 words and terms to be banished are more conversational-based, with the other three applying to the coronavirus," he added. "One possible takeaway from all this about the act and art and science of disclosing something is the more things change, the more things stay the same. At the very least, it's complicated."

LSSU has compiled an annual Banished Words List since 1976 to uphold, protect, and support excellence in language by encouraging avoidance of words and terms that are overworked, redundant, oxymoronic, clichéd, illogical, nonsensical—and otherwise ineffective, baffling, or irritating. Over the decades, LSSU has received tens of thousands of nominations for the list, which now totals more than 1,000 entries. Examples of the winners (or should that be losers?) to make the yearly compilation: "detente," "surely," "classic," "bromance," and "COVID-19," plus "wrap my head around," "user friendly," "at this point in time," "not so much," and "viable alternative." The Banished Words List has become such a cultural phenomenon that comedian George Carlin submitted an entry that made the annals in 1994: "baddaboom, baddabing."

This year, nominations came from most major U.S. cities and many U.S. states, on top of Norway, Belgium, England, Scotland, Australia, and numerous provinces in Canada. Here are the list of the banished words and terms for 2022 and the reasons for their banishment:

Wait, what?

Most frequently found in text or on social media, this ubiquitous imperative question is a failed "response to a statement to express astonishment, misunderstanding, or disbelief," explained a wordsmith. "I hate it," added another, because the command query is an inexact method to convey the utterer's uncertainty or surprise. "I don't want to wait," either, continued the second impassioned nominator. Misuse and overuse.

No worries

Nominated by writers nationwide for misuse and overuse, this phrase incorrectly substitutes for "You're welcome" when someone says "Thank you." A further bungling relates to insensitivity. "If I'm not worried, I don't want anyone telling me not to worry," a contributor explicated. "If I am upset, I want to discuss being upset." Despite its meaninglessness, the term is recommended to emailers by Google Assistant.

At the end of the day
Twenty-plus years after original banishment of this phrase in 1999, the day still isn't over for this misused, overused, and useless expression. "Many times things don't end at the end of the day—or even the ramifications of whatever is happening," observed a sage. Others consider "day" an imprecise measure. Today? Present times? Banishment in 1999: overused synopsis of a conversation or debate, often by politicians and pundits.

That being said
Nominators cited this phrase as verbal filler, redundant justification, and pompous posturing. For instance, "however" or "but—even "that said"—does the job as a transition instead of the wordiness. "Go ahead and say what you want already!" demanded one entrant. That being said, its usefulness is certainly in doubt. As a commentator philosophized, "At the end of the day, if you will, it already has been."

Asking for a friend
Misuse and overuse through deceit—because the friend is a ruse. This cutesy phrase, often deployed in social media posts in a coy attempt to deter self-identification, isn't fooling anyone. Paraphrasing one sage, "Once used to avoid embarrassment, as in, 'Do you know a good proctologist? I'm asking for a friend.' Sometimes an occasional sitcom joke. Now an overused tag with absolutely no relationship to its antecedent."

Circle back
Treats colloquy like an ice skating rink, as if we must circle back to our previous location to return to a prior subject. Let's circle back about why to banish this jargon. It's a conversation, not the Winter Olympics. Opined a grammarian, "The most overused phrase in business, government, or other organization since 'synergy'"—which we banished in 2002 as evasive blanket terminology and smarty-pants puffery.

Deep dive
"The only time to dive into something is when entering a body of water, not going more in-depth into a particular subject or book," admonished a petitioner. Another stipulated that people who float the phrase aren't near pool, lake, ocean, or sea; thus, rather than dive deeply, they flounder shallowly. An editing whiz wondered, "Do we need 'deep'? I mean, does anyone dive into the shallow end?"

2022 Banished Words and Terms Deriving from COVID-19 Matters:

New normal
Overused catchall for ways COVID-19 affects humankind—and banishment finalist last year for similar reasons. "Those clamoring for the days of old, circa 2019, use this to signal unintentionally that they haven't come to terms with what 'normal' means," a monitor elucidated. "After a couple of years, is any of this really 'new'?" another speculated. Banished in 2012 for imprudence, defeatism, and apathy stemming from societal missteps.

You're on mute
People switched from in-person exchanges to virtual meetings to follow the social distancing protocol of COVID-19, and the unwitting deafening silence happens on both sides of the camera. Overuse and uselessness, then, due to ineptitude. A discerning submitter encapsulated the issue: "We're two years into remote working and visiting. It's time for everyone to figure out where the mute button is." Or as a quipster summarized, "Hello? Hello?"

Supply chain
Word-watchers noticed the frequent, unfortunate appearance of this phrase toward the end of this year as the coronavirus persisted. "It's become automatically included in reporting of consumer goods shortages or perceived shortages. In other words, a buzzword," concluded one analyst. "Supply chain issues have become the scapegoat of everything that doesn't happen or arrive on time and of every shortage," noticed another. The adverse result: overuse ad nauseam.

"Say what you mean and mean what you say. Can't get any easier, or harder, than that," said LSSU President Dr. Rodney S. Hanley. "Every year submitters play hard at suggesting what words and terms to banish by paying close attention to what humanity utters and writes. Taking a deep dive at the end of the day and then circling back make perfect sense. Wait, what?"

For more about the Banished Words List and to nominate a word or term for banishment for 2023, go online to lssu.edu/banishedwords.

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Mark Nepo,

Author ~ Philosopher ~ Spiritual Leader ~ Poet ~ Storyteller

OFFERING FEBRUARY WORKSHOP / TALKS IN ANN ARBOR

By Margie Teall

With over a million copies sold, Mark Nepo has moved and inspired readers and seekers all over the world with his #1 New York Times bestseller The Book of Awakening. Beloved as a poet, teacher and storyteller, Mark has been called "one of the finest spiritual guides of our time," "a consummate storyteller," "an eloquent spiritual teacher," and enjoys the moniker of "one of Oprah's Favorite Things."

Nepo is conducting a workshop entitled "Pain, Fear and Things as They Are," on Saturday, February 19 from 1:00—5:00pm at the First Unitarian Universalist Congregation of Ann Arbor (UUAA) (4001 Ann Arbor Saline Road). For those who prefer a virtual presence, a zoom link will be provided via the registration process.

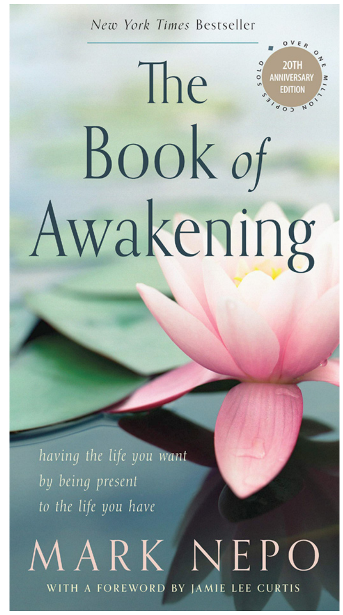
The workshop aims to uncover and personalize pathways that allow each of us to right-size our own pain and fear, so that we are not crippled by it, or drowning in it, but rather living with it and still moving forward -- fully present in what life is offering us now.

Registration and required covid protocols at [www.uuaa.org/nepoevent.](www.uuaa.org/nepoevent)

Nepo will also be featured on Sunday, February 20 at 9:30am and again at 11:30am services at the UUAA Church on Ann Arbor Saline Road. No registration is required to attend Sunday services, but seating is limited and covid protocols will be required. Both services will be livestreamed via a link at www.uuaa.org.

As a bestselling New York Times author, Mark has published twenty-two books and recorded fifteen audio projects. In 2015, he was given a Life-Achievement Award by AgeNation. In 2016, he was named by Watkins: Mind Body Spirit as one of the 100 Most Spiritually Influential Living People and was also chosen as one of OWN's SuperSoul 100, a group of inspired leaders using their gifts and voices to elevate humanity. And In 2017 Mark became a regular columnist for Spirituality & Health Magazine.

Crazy Wisdom Book Pick of the Week



A new edition of the #1 NYT's bestseller by Mark Nepo, who has been called "one of the finest spiritual guides of our time" and "a consummate storyteller."

Philosopher-poet and cancer survivor Mark Nepo opens a new season of freedom and joy—an escape from deadening, asleep-at-the wheel sameness—that is both profound and clarifying.

His spiritual daybook is a summons to reclaim aliveness, liberate the self, take each day one at a time, and savor the beauty offered by life's unfolding. Reading his poetic prose is like being given second sight, exposing the reader to life's multiple dimensions, each one drawn with awe and affection.

The Book of Awakening is the result of Nepo's journey of the soul and will inspire others to embark on their own. He speaks of spirit and friendship, urging readers to stay vital and in love with this life, no matter the hardships. Encompassing many traditions and voices, Nepo's words offer insight on pain, wonder, and love. Each entry is accompanied by an exercise that will surprise and delight the reader in its mind-waking ability.

Get your copy of *The Book of Awakening* at Crazy Wisdom Bookstore Online.

The Crazy Wisdom weekly Calendar

Animals and Pets

Basic Animal Communication with Judy Liu Ramsey • Saturday-Sunday, February 12 and 13 • 9 a.m. - 5 p.m. • Class will be held via ZOOM. Learn how to communicate telepathically with animals the way they communicate with each other. Open your intuitive reception in a relaxed, supportive teaching environment. Step by step, you will build skills to enable a closer relationship with your animals and have fun doing it! $150 if paid by February 1. $180 after. Contact Judy Ramsey at ramsey.judy003@yahoo.com; JudyRamsey.net.

Art/Crafting

Sculpting with Earth with Deanne Bednar • Friday, January 28 or Saturday, January 29 • 1 - 5 p.m. • Learn how to source, mix, and sculpt with earth/local subsoil. Enjoy making a project to take home. Tour sculptures in the Strawbale Studio. $35. Contact strawbalestudio.org.

Bushcraft: Lashing, Ladders, Quadpods with Deanne Bednar • Friday, February 18 or Saturday, February 19 • 1 - 5 p.m. • Learn Ladder Lashing and how to make projects using Japanese square knot and the A-frame and Quadpod design. Make small models to take home and construct a full-scale ladder on site at Strawbale Studio 1 hour north of Detroit. $35. Contact strawbalestudio.org.

Book Discussion Goups

Jewel Heart Readers with Jewel Heart Instructors • Monthly, Usually Second Monday: February 14, March 14, April 11 • 7 - 8:30 p.m. • Enjoy lively discussion on monthly Buddhist–related book selections with our community. All are welcome. $Free. Donations are welcome. Contact for each month's book selection and participation information. Email programs@jewelheart.org or call Jewel Heart at 734–994–3387. For more information, visit www.jewelheart.org.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom: Modern Times with Demo Rinpoche or Gelek Rimpoche • Weekly Sundays: January 2 to April 24 • 11 a.m. - 12 p.m. • Weekly Sunday morning talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion (12:15 – 1:15 p.m) based on the morning talk. Free. Donations welcome. Contact 734-994-3387, programs@jewelheart.org. For more information, visit www.jewelheart.org.

JissoJi Zen Ann Arbor Meditation - Half-day Sitting with Rev. Taikodo Marta Dabis • Monthly, Second Sunday: February 13, March 13, April 10 • 8:15 a.m. - 12:45 p.m. • Join us for several periods of sitting meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center, followed by dharma talk at 11:00 am. Free. Donations welcome. Contact jissojizen@gmail.com, 248-202-3102; jissojizen.org.

Practical Buddhism by Gelek Rimpoche with Gelek Rimpoche • Weekly Tuesdays: January 11 - April 26 • 7 - 8:30 p.m. • "Practical Buddhism" offers video recordings of earlier teachings by Gelek Rimpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Free. Donations welcome. Contact 734-994-3387, programs@jewelheart.org; jewelheart.org.

Bridging Sutras and Tantras with Glenn Mullin • Weekly, five Tuesdays January 12 to February 9 • 7 - 8:30 p.m. • A hands-on exploration of the Buddhist meditative technology for a balanced practice fulfilling all aspirations of samsara and nirvana: the syncretic approach perfectly unifying the open and the secret teachings of the Buddha. $120 Jewel Heart Members/$150 Non-Members. Pay what you can, no one turned away. Contact 734-994-3387, programs@jewelheart.org; jewelheart.org.

The Bodhisattva's Way of Life with Demo Rinpoche • Weekly Thursdays from January 13 - April 28 • 7 - 8 p.m. • Shantideva's Bodhisattva's Way of Life was composed in the 8th century and is among the most beloved and inspiring works in the Mahayana Buddhist tradition. With the motivation of unselfishly helping others, a bodhisattva aspires to follow in the footsteps of the Buddha. Shantideva gives detailed instructions on the benefits and methods of living in accordance with the bodhisattva ideals. Members $95 / $120 Non-Members. Pay what you can, no one turned away. Contact 734-994-3387, programs@jewelheart.org; jewelheart.org.

Melody of Emptiness with Demo Rinpoche • Saturday, January 22 • 10 a.m. - 1 p.m. • Demo Rinpoche shares his understanding of Melody of Emptiness, Changya Rolpai Dorje's exquisitely composed song that reveals how we can recognize the true nature of reality. Members $60 / $75 Non-Members. Pay what you can, no one turned away. Contact 734-994-3387, programs@jewelheart.org; jewelheart.org.

The Mahayana and the Benefits of Great Compassion (Applied Meditation Technology Series) with Hartmut Sagolla and Supa (Greg) Corner • Saturday, February 5 • 9 a.m. - 1 p.m. • Realizing the magnitude of suffering in cyclic existence, practitioners of Mahayana develop the great heart that is willing to work for the benefit of all beings, and for that reason determines to attain the enlightenment of a Buddha. Continuing the Applied Meditation Technology series, these sessions offer methods to expand the spiritual vision to include all living beings and lead the practitioner in practices aimed at full enlightenment. All workshops include instruction, guided meditation, individual meditation, and discussion. $25 Jewel Heart Members / $30 Non-Members. Pay what you can, no one turned away. Contact 734-994-3387, programs@jewelheart.org; jewelheart.org.

Ceremonies, Celebrations, and Rituals

Tea Ceremony at Verapose Yoga and Meditation House with Courtney Fitzpatrick • February 20, April 23 • 4 - 5:15 p.m. • An opportunity to enjoy the joyfully simple act of tea drinking. We leave the complexity of life behind for a while as we tune into the ancient wisdom of tea. Join us for a deepening of one's connection to nature, to Self, to the stillness of the mind, and to our authentic community. $35. Contact courtney@veraposeyoga.com; victoriaschon.com/event-calendar.

Sacred Cacao Ceremony with Victoria Schon • Sundays, January 30, February 13, 27, March 13, April 3, 24 • 4-5:30 p.m. • Drinking ceremonial cacao is considered spiritual medicine by many indigenous cultures around the world. As we sit together in a small group and consume this sacred beverage, practice mindfulness, participate in guided meditation with intention in a backdrop of sacred sound, our soul is nourished, our hearts open, and we experience greater spaciousness. It is a time for deeper reflection and connection. 3173 Baker Road, Dexter, Michigan. $40. Contact victoriaschon.com/event-calendar.

Ryaku Fusatsu – Full Moon Ceremony with Rev. Taikodo Marta Dabis • Monthly, Final Sundays: January 30, February 27, March 27, April 24 • 11 a.m. - 1 p.m. • Participate in a traditional Japanese Soto Zen Full Moon Ceremony as practiced at the San Francisco Zen Center, in English. The program starts with 40 minutes of silent meditation and concludes with informal conversation. Free. Donations accepted. Contact jissojizen@gmail.com, 248-202-3102; jissojizen.org.

Channeling

Remembering Wholeness - Darshan with The Mother, channeled by Barbara Brodsky • Monthly Sundays: February 20, March 20, April 10, May 15, June 12 • 2 - 5 p.m. • A mother is one who gives birth to, supports, and cherishes, and then releases out into the universe, with love, always ready to hold and support. In Remembering Wholeness as we continue, I will be offering from my own understanding the personal and the group messages that can most support the program participants. Suggested donation: $10-$30 individual; $90-$180 winter/spring. Contact om@deepspring.org.

Evenings with Aaron, channeled by Barbara Brodsky • Monthly Tuesdays: February 15, March 15, April 12, May 17 • 7 - 9 p.m. • Unlike the previous years' Aaron evenings, where I often simply spoke about a timely topic, my focus this year will be weaving the themes of The Eden Project together. All are welcome. You need not be in The Eden Project classes to find value in these talks. Suggested donation - $10-$30 per session; $90-$180 for winter/spring. Contact om@deepspring.org.

Childbirth

Birth Doula Training and Certification with Patty Brennan • Saturday, February 5 OR April 9 • 10 a.m. - 4 p.m. • Online professional training from Lifespan Doulas includes self-paced study modules and a workshop with Patty Brennan. Program covers how to provide non-medical comfort and support to the birthing mother and her partner. $697. Contact Patty Brennan at 734-663-1524.

Children and Young Adults

Youthful Spirits Class for Young People via ZOOM with Heidi Kaminski • Sundays, January 2 - April 24 • 1 - 2 p.m. • Spiritual discovery for young people on Zoom. Free. Donations accepted. Contact Interfaithspirit.Org/Events.

H2W2 - K4K - Happy, Healthy, Wealthy, Wise - Kabbalah for Kids (5th grade and up) with Karen Greenberg • Sundays, February 27, March 20, April 24 • 1 - 3 p.m. • Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (rather than reinforcing feelings of being different, damaged, defective, disordered, dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves and genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the prophecy of "1000 Years of Peace." $50/session. Contact Karen Greenberg at 734-417-9511, krngrnbg@gmail.com; clair-ascension.com.

Death and Dying

End-of-Life Doula Training with Patty Brennan • Saturday and Sunday, January 22 - 23 or March 5-6 • 9:30 a.m. - 3 p.m. • ONLINE. End-of-life doula online training covers how to provide comfort and support to the dying person and their loved ones. Topics include: advance care planning, vigil support, legacy projects, home funerals, green burial, caregiver burnout and respite care, bereavement support, and more! Two-day workshop plus self-paced study modules. $697. Contact Patty Brennan at 734-663-1523.

Death Cafe via ZOOM with Rev. Annie Kopko • Monthly, First Tuesdays: February 1, March 1, April 5 • 6:30 - 8 p.m. • Join us for a discussion of death and dying. Free. Donations welcome. Contact Interfaithspirit.Org/Events.



Energy Healing

Heightening Your Vibration: Alchemy (2-day class) with Karen Greenberg • Sundays, February 6 and 13 • 1:30 - 6 p.m. • Some people have become depressed with the Covid-19 isolation. Learn a myriad of tools and techniques to change your vibration from a lower to a higher vibration, and to sustain it—including, but not limited to, sacred letters, powerful Archetypes, sacred oils, affirmations, visualization, meditation, prayers that you compose, gratitude, breathing, drumming, movement, music, Holy Geometry, traditions, toning Names of G-D, Archangels, Masters of Light…. $200. Contact Karen Greenberg 734-417-9511 krngrnbg@gmail.com; clair-ascension.com.

Gardening and Ecosystems

Grow Your Own—Organic Vegetable Gardening 101 with Rosina Newton • Thursday, February 17, 12 – 1:30 p.m.; Saturday, February 26 11 am. - 2 p.m.; Sunday March 6, 2 p.m.; Thursday March 17, 7 p.m. • Learn how to grow your own vegetables and herbs successfully using time-honored and modern organic techniques. Learn about site selection, planning, timing, soil preparation, planting, maintenance, and - the best part - harvesting! Now is the time to start planning for delicious homegrown produce. $20. Contact rokanew@gmail.com; newearthhomeandgarden.com.

Holistic Health

Acudetox Community Ear Acupuncture with Virginia June • Every Monday, January 3 – April 25 • 5 - 6:30 p.m. • Drop in Acudetox Ear Acupuncture. $20.00 per person. Contact whitewolfhealing.com.

Midweek Wellness Workshops with Liza Baker • Monthly, First Wednesdays: February 2, March 2, April 6 • 9 - 10 a.m. • Join for a midweek wellness workshop. We'll cover a wide range of holistic health topics, from the best way to eat to how to get better sleep to how to invest your energy rather than trying to manage your time. $20 + processing fees. Contact liza@simply-healthcoaching.com; eventbrite.com/o/simply-health-coaching-352-503-5623.

Get the most from your DNA Test with Conrad Welsing • Tuesdays, February 8 and 15 • 6 - 8 p.m. • Explore the popular trend of DNA testing for individuals in an easy to-understand casual presentation. You will explore the options and further work necessary to make your testing results even more worthwhile. Discussion and examples of current offerings are key components of this class. $39. Contact 734-677-5060; wccnet.edu.

Intuitive and Psychic Development

Teleconference: Psychic Psychology Women's Group with John Friedlander • Monthly, First Tuesdays: February 1, March 1, April 5, • 7 - 8 p.m. • For women only, meditations concentrating on women's issues relative to biological energies as well as that of the aura. $125. Contact Violeta Viviano at 734-476-1513, mvaviviano@gmail.com; pyschicpsychology.org.

Love and Relationships

Intimate Relations—an FWW Conversation with Maria Sylvester, MSW, CPC • Friday, February 4 • 12 - 1 p.m. • Join us for a conversation with Maria Sylvester, who has a special gift for helping women reclaim their sacred feminine power, and embrace their radiant, sensual, sexy spirit and energy. $18. Contact Dr. Suman Tewari, 734-418-2188, fww@a2hg.net; foundations-of-wellness-for-women.mailchimpsites.com.

Meditation

White Tara Guided Healing Meditation with Jewel Heart instructors • Weekly Sundays January 2 to April 24, 2022. • 9:30 - 10:40 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. $Free, but donations are welcome. To register, visit jewelheart.org/free– weekly–virtual– programs. For more information, visit jewelheart.org, call 734–994–3387, or email programs@jewelheart.org.

A New Year,

A New Meditation Practice



By Elisabeth Sötebeer

As we start a new year, we have a new opportunity to incorporate Meditation in our lives!

A simple way is to choose a small part of your walking path each day: for instance, from your kitchen to the living room or front door to the car. Become aware of each movement, each step and how you place your foot on the Earth—heel to mid-section to ball and toes.

Feel each part as it touches the Earth, become aware of your posture, what your arms are doing, etc. It becomes a quiet meditation.

This moving Meditation brings you in contact with your outer self/physical body, and your inner life—your *Self*. Connecting with your Inner Self or Higher Self, creates openness for energy to flow freely and easily. Then all starts to become more harmonious!

Try this on a regular basis, keep going and enjoy the stillness.

Crazy Wisdom Poetry Series

hosted by Edward Morin, David Jibson, and Lissa Perrin

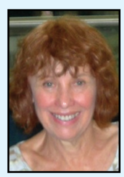
Second and Fourth Wednesday of each month, 7-9 p.m.

All sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link.

Second Wednesdays, 7-9 p.m.:
Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction.
Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.:
Featured Reader(s) for 50 minutes.
Open Mic reading for 1 hour.
All writers welcome to share their own or other favorite poetry.
Sign-up begins at 6:45 p.m.

Featured readers



January 26 – Mary Minock's new poetry collection, *A Time When You Know a House*, explores the Southwest Detroit neighborhood where she grew up during the 1950s and 1960s and returned to in 1996. She is the author of *The Way-Back Room* (memoir) and *Love in the Upstairs Flat* (poems), and Professor Emerita and former Chair of English at Madonna University.



February 23 – Ron Koertge has had poems twice in *Best American Poetry* and received grants from the NEA and California Arts Council. His novels for Young Adult readers have won two P.E.N. awards. An animated film made from his flash fiction, *Negative Space*, was shortlisted for the 2018 Academy awards. Billy Collins calls his presentations "deliciously smart and entertaining."



March 23 – Margaret Rozga's fifth book of poems is *Holding My Selves Together: New and Selected Poems* (2021). While Wisconsin Poet Laureate in 2019-2020, she co-edited *Through This Door: Wisconsin in Poems* with Angie Trudell Vasquez. Margaret is currently the inaugural artist/scholar at the University of Wisconsin Milwaukee at Waukesha Field Station. Website: margaretrozga.com



April 27 – Colby Cedar Smith has poems published in *Pleiades, Mid-American Review,* and *The Iowa Review*. Her debut novel in verse, *Call Me Athena: Girl from Detroit*, is a Junior Library Guild Gold Standard Selection, an American Booksellers Association Indie Next Pick, and a Cybils Award Nominee. She was awarded a New Jersey Council on the Arts Fellowship in Poetry.

Crazy Wisdom Poetry Circle

The Poetry Series is open to all.
There is never a charge.
https://cwcircle.poetry.blog/

Chakra meditation and Sunday Services with Lighthouse Center staff • Every Sunday through April 24 • 10:30 a.m. - 12:30 p.m. • Meditating 10 minutes on each of 7 chakras and/or a Sunday Service. Free. Contact lighthousecenterinc.org.

Zen Meditation in the SFZC Suzuki Lineage with Rev. Taikodo Marta Dabis • Sundays, February 6, 20, March 6, 20, April 3, 17 • 11 a.m. - 12:30 p.m. • Sitting meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center, followed by noon service and informal check-in. Everyone is welcome. Free. Donations welcome. Contact Marta Dabis at jissojizen@gmail.com or 248-202-3102; jissojizen.org.

Silent Meditation Practice with Celeste Zygmont • Weekly, Sunday 11 a.m.- 12 p.m.; Tuesdays 9 – 9:30 a.m. • All levels of meditators are welcome. Held via Zoom. No instruction. Donation. Contact om@deepspring.org; 734.477.5848; deepspring.org.

Meditation Healing and Compassion Meditations with Hartmut Sagolla • Weekly Monday: through April 25 • 12 - 1 p.m. • Guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. Free. Donations welcome. Contact jewelheart.org/free-weekly-virtual-programs, 734-994-3387, or email programs@jewelheart.org.

Applying Vipassana in Daily Life and Seeing Its Progression Along the Path with Celeste Zygmont • Monthly, First Mondays: February 7, March 7, April 4, May 9 • 7 - 8:30 p.m. • This class is designed for those who are dedicated to deepening their experience of the Dharma and moving further along the path. Exercises are offered which are informed by Celeste's nearly 30 years of Vipassana study and practice under Aaron and Barbara. Suggested donation: $75-$250. Contact om@deepspring.org, 734.477.5848; deepspring.org.

Putting Out the Nervous System's Fire: Meditations for Coping in Crisis with Amy Hertz • Weekly Fridays: through April 29 • 4 - 5 p.m. • Settling the mind is tough in the best of times, but when we are hit with circumstances that change our reality, getting access to that part of ourselves that can think clearly and problem solve becomes nearly impossible. Using the breath, writing exercises, and guided meditations, we'll explore ways to calm the body's threat response and regain balance. Free. Donations welcome. Contact 734-994-3387, programs@jewelheart.org; jewelheart.org/free-weekly-virtual-programs.

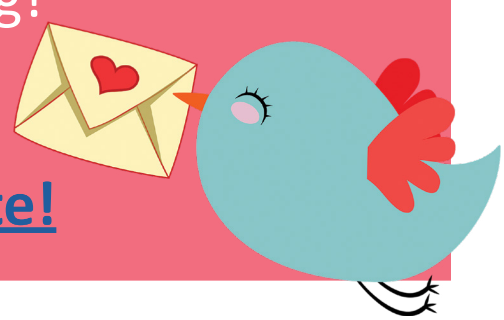
Movement and Meditation Class Facebook Live with Trevor Chaitanya Eller • Weekly Saturdays, starting January 22 -, 9 - 10 a.m. • Movement and Meditation classes are a mix of gentle yoga and Chinese cultural exercises used as preparation for meditation. Triple Crane Retreat Center uses active exercise practices as a means to prepare for and deepen longer meditation sitting sessions. Donation. Contact Kamakshi at Office@TripleCraneRetreat.org, 734-713-6163; TripleCraneRetreat.org or facebook.com/triplecraneretreat.

Mindfulness-Based Stress Reduction via ZOOM with Libby Robinson, Ph.D., MSW • January 22 – March 19 • 2 - 4:30 p.m. • Mindfulness-Based Stress Reduction is the original mindfulness class developed by Jon Kabat-Zinn in the late 1970s

Dear Crazy Wisdom Journal Readers,

We are in the planning stages of expanding our publications and would love to know what you think about the Journal. We are offering **15% off any purchase at shopcrazywisdom.com** for 5 minutes of your time to answer a few questions about how you read the magazine and what you might like to see in the future from us as we grow. Thank you in advance for participating!

CWCJ Staff



Click here to Participate!

at the University of Masachusetts Medical Center. It has been researched extensively and is associated with reductions in stress, anxiety, pain, depression, substance use, and increases in immune responses, attention, working memory, cognitive flexibility, psychological well-being, relationship satisfaction, and enhanced cognitive functioning. It is an 8-week class, meeting for 2.5 hrs/week, with a 4-hr retreat between classes #6 and #7. $300 (scholarships available). Contact Libby Robinson at 734-476-3070, libbyrobinson7@gmail.com; libbyrobinsonmindfulness.com.

Day of Mindfulness with Esther Kennedy, O.P.—Amp Up Your Happiness • February 12 • 10 a.m. • Amp Up Your Happiness. The 4th Noble truth of the Buddha is the Eightfold Path, not a linear path but one that turns and returns. The Buddha's message of the eight steps to happiness was both simple and profound. He taught us to cultivate skillfulness in our understanding, thinking, speech, action livelihood, effort, mindfulness and concentration. We pause and look more deeply at the 1st three steps. With Skillful Understanding we seek a deeper knowing, with Skillful Thought, we intuitively know our thoughts that cause pain and suffering and those that evoke loving kindness and joy. We practice Skillful Speech and consider our habits and tones of speaking that enhance life and those that diminish life. For more information contact webercenter@adriandominicans.org.

Movement and Dance

Zoom Ann Arbor / Toledo First Friday Dances of Universal Peace with Judith L. Trautman and Elizabeth Rand • Monthly, First Fridays: February 4, March 4, April 1 • 7 - 8:30 p.m. • Online dance instructions and music for meditation and dancing at home. Donation. Contact jltrautman@sbcglobal.net, sites.google.com/view/a2-toledodup/home.

Sacred Sound Journey with Victoria Schon • January 26, February 12, 23, March 12, 23, April 27 • 6 - 7:15 p.m. • Join Victoria for this deeply restorative sound journey of crystal singing bowls, Tibetan singing bowls, gongs, drumming, and other sacred sound instruments. She begins with guided meditation and relaxation techniques to expand one's ability to find equilibrium and harmony at the cellular level. Experience a deeper meditative state, thus opening a portal of creativity and connection to inner wisdom during and following her sound journey. $40. Contact victoriaschon.com/event-calendar.

Singing for Comfort via Zoom with Interfaith Center for Spiritual Growth • Monthly, Second Thursdays: February 10, March 10, April 14 • 7 - 8:30 p.m. • Please join us for music and song. Pay what you can, no one turned away. Contact Interfaithspirit.Org/Events.

Concert: music, poetry and storytelling with Angelo Pecora and Gus; The Louse Crick Loosely Strung Band • Saturday, January 22 • 7 - 9 p.m. • Music, poetry, and storytelling. $20. Contact lighthousecenterinc.org.

Sound bath Meditation with crystal bowls and music with John Steinbauer • Monthly, 4th Friday: January 28-- • 7 - 9 p.m. • Crystal Bowls with music concert meditation. $20. Contact lighthousecenterinc.org.

Intro to Crystal Singing Bowls Workshop with Victoria Schon • Saturday, February 19 • 1 - 5 p.m. • Learn about the extraordinary and beautiful effects of playing crystal singing bowls in this 3-hour workshop. Learn about the fascinating science of sound and how it affects our brain waves, meditation, and our physiology; Learn techniques of playing a crystal singing bowl for your own personal meditation and enjoyment; Learn how to offer sound for others; This is a hands-on workshop; The cost of the workshop includes a 7" crystal bowl personally selected for you to keep. Experience and facilitate a sound bath in a group setting. Tea and snack provided. $300. Contact victoria@victoriaschon.com; victoriaschon.com.

Nutrition & Food Medicine

Fl!p Your K!tchen® The Kitchen Sessions with Liza Baker, INHC • 44563 Monthly, First Sundays: February 6, March 6, April 3 • 10 a.m. - 12 p.m. • Curious about what it's like to meal plan and prep for the week? Come into my (virtual) kitchen and follow along! On the first Sunday of every month, we'll spend some time cooking together—on Zoom—and talking about whole foods nutrition and meal planning. Each session can stand alone, or you can take them as a series. $20 + processing fees. Contact liza@simply-healthcoaching.com.

Peace

Peace Generator via ZOOM with Craig Harvey • February 18, March 18, April 14 • 7 - 9 p.m. • Please join us in creating peace for the planet. Sing, Dance, Chant, set your intentions. Free, but donations accepted. Contact Interfaithspirit.Org/Events.

Personal Growth

The Enneagram and Development via Zoom with Ronda P Diegel • Monthly, Second Wednesdays: February 9, March 9, April 13 • 7 - 9 p.m. • Explore child and adolescent development through the lens of the Enneagram. Each month a different Enneagram type will be featured. Each meeting includes a brief lecture, meditation, panel interview of the featured Enneagram-type, and a community check-in. Meetings are held on Zoom. $20 per meeting. Contact Ronda Diegel at drrondadiegel@comcast.net, 248-730-0597.

Healthy Boundaries with Karen Greenberg • Sunday, January 30 • 1 - 5:30 p.m. • Learn how to define "Healthy Boundaries" for and with yourself, how to set and enforce them (without caving in), and how to respect others' boundaries, in all kinds of personal and professional relationships and situations. Role play is a chief learning tool in the work. $77. Contact Karen Greenberg 734-417-9511, krngrnbg@gmail.com; clair-ascension.com.

7 Notes Natural Health

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Rob Meyer-Kukan is a Licensed Massage and Sound Therapist, a Natural Health Educator, and a lifelong musician. He uses his extensive anatomical knowledge, coupled with his passion for natural health practices to help others hear, see, and feel true wellness.



7 Notes Natural Health
HEAR, SEE, AND FEEL TRUE WELLNESS
EST. 2015

Contact

248-962-5475
contact@7notesnaturalhealth.com
www.7notesnaturalhealth.com

Personal Growth

Shadow Work Through the Chakras with Mara Evenstar ONLINE • Sundays, Feb 6 - April 2; • 6 - 8 p.m. • In this intimate class of only 6 participants, we will be using a combination of sacred play, witnessing circle, contemplation, reflection, and ritual to bring the shadow aspects of our seven main energy centers into the light for acceptance, integration, and healing. 9-week course $500. Contact Mara Evenstar, evenstar.institute@gmail.com; evenstarschalice.com/courses.

Reiki

Shoden Reiki Level I Certification with Courtney Fitzpatrick • Friday, January 21 - January 23 • Times vary • The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy." Reiki is a Japanese technique for stress reduction and relaxation that
Midrash Study with Karen Greenberg • Monthly Fridays: January 21, February 25, March 18, April 29 • 2:30 - 5:30 p.m. • The written version of the Old Testament (Torah) tells a story—the backstory and various mystical, hidden meanings. It is rich, colorful, detailed, and compiles interesting data likewho ascended to Heaven alive, who was so righteous that their deceased bodies never decomposed, the seven things that we are not permitted to know in human form. $180 per month for the monthly study (one 3-hour session per month); $180 per month for the bi-monthly study (two 1½-hour sessions per month); $180 per month for the weekly study (approximately four 1-hour sessions per month). Contact Karen Greenberg at 734-417-9511, krngrnbg@gmail.com; clair-ascension.com.

Retreat

Online Mindfulness Meditation and Self Compassion Retreat with Rita Benn, MC4ME • Saturday, February 12 • 8:45 a.m. - 12 p.m. • Experience a guided mindfulness and self-compassion retreat from the comfort of your home through Zoom. Winter is the perfect time for inviting silence and reflection and to shift the focus away from doing and on being. As parents, educators, and health professionals who are continuously giving to others, it is vital that we take time out to restore ourselves and refresh our practice. This morning offers the perfect opportunity to nourish your body, heart and soul. $35. Contact info@mc4me.org, www.mc4me.org.

Deep Relaxation and the Higher Teachings of Yoga Retreat with Trevor Chaitanya Eller and Master Zhong Hai (Winnie) • February 19 • 10 a.m. • Join us for the mid-winter relaxation experience. The deeper teachings of Yoga can transform your life. Join for a weekend of Yoga practice focusing on deep relaxation into our Eternal Nature. These weekend retreats will include Gentle Yoga Posture, Meditation, Breathwork, Yoga Nidra, and Walking Meditation guiding us to dwell deeply in the present moment. Meals will be vegetarian and organic, informed by Ayurveda and Yogic diet (gluten free and vegan options will be provided). You can join us in-person or online. The retreat begins on Saturday with the option to join us on Friday night for a deeper experience. $100/$350 with Work Trade options for those in need. Contact Kamakshi at Office@TripleCraneRetreat.org, 734-713-6163; TripleCraneRetreat.org.

Stress Management

A Course In Mindful Living: Relax, Play, Connect, Grow! with Andrea Weid • Thursdays, January 13, 20, 27, February 3 • 5:30 - 7 p.m. • Relax, Play, Connect and Grow! is a 4-week course based on the teachings of Elisha Goldstein, PhD and includes highlights from the ACIML 6-month mindfulness coaching program. We integrate science, wisdom, and reflection into the teachings and exercises. It will focus on relaxing our bodies, minds, and nervous systems, playing more, connecting to ourselves and others with intention, and growing a mindset that fosters embracing change, our selves, and helps transform our lives. We will learn four meditations and share our experiences. $217.00. A few Pay What You Can and scholarship slots available. Contact Andrea Weid at oncesmallchangecoaching@gmail.com; onesmallchangecoaching.com.

Tai Chi, Martial Arts, and Self Defense

Beginner Tai Chi with Master Wasentha Young • January 10 - April 14; Mondays, 10 - 11:15 a.m. and/or Thursdays, 6 - 7:15 p.m. • The T'ai Chi form is a series of postures linked together in a continuous, fluid manner. As an internal Chinese martial art, the form focuses on self-cultivation, integrates both physical and mental energy mechanics, promotes relaxation, and builds a sense of presence and awareness. All classes will be "Zoomed" (recordings made available) and optional in-person. Maximum students allowed on-site is 9 plus the instructor. $195. Contact info@peacefuldragonschool.com.

Writing and Poetry

Crazy Wisdom Poetry Series with Edward Morin, David Jibson, and Lissa Perrin • Monthly, Second Wednesdays, beginning January 12 • 7 - 9 p.m. • All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. All sessions are virtual and accessible through Zoom. Free. Contact Edward Morin at 734-668-7523.Email cwpoetrycircle@gmail.com for Zoom link. cwcircle.poetry.blog.

Crazy Wisdom Featured Readers with Mary Minock • January 26 • 7 - 9 p.m. • Mary Minock's new poetry collection, *A Time When You Know a House*, explores the Southwest Detroit neighborhood where she grew up during the 1950s and 1960s and returned to in 1996. She is the author of The Way-Back Room (memoir) and Love in the Upstairs Flat (poems), and Professor Emerita and former Chair of English at Madonna University. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m. Free. All sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link.

Sit. Stop. Write. –Zen and Poetry with Dmitry Berenson • January 23, February 27, March 27, April 24 • 1:15 - 2:45 p.m. • Like a plant that grows out of bare ground, to express ourselves

in poetry we must start from an empty place. We'll do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. Free. Donations welcome. Contact 248-202-3102, jissojizen@gmail.com; jissojizen.org.

Simple Lifelines: Paths Into Stories of the Self with Cindy Guillean • Wednesdays, February 2, 9, 16 • 9 - 11 a.m. or 6:30 - 8:30 p.m. • In this exploratory course, we will use simple lifelines, multi-genre crots, and multi-lifeline visual structures to deepen our awareness of the stories that make up our lived experiences. There will be opportunities to share our processes, insights, and reflections as we discover what stories wish to emerge and how they create sacred meaning in our lives. $120. Contact Mara Evenstar, evenstar.institute@gmail.com, https://evenstarschalice.com/courses.

Yoga

The Yogic Path - Non-Certifying Yoga Teacher Training with Verapose Yoga • February 4 - 6, March 4 - 6, April 8 - 10, 29 – Mary 1, 20 - 22, June 24 - 26 • 6 - 9 p.m. • The Yogic Path is for students interested in diving into the study of Yoga, or the Science of Self-Realization, for personal growth. While this program is non-certifying, the curriculum and themes are based on our Yoga Alliance Teacher Training approved curriculum. Each Friday evening from 6-9 p.m. is mandatory, otherwise the Saturday and Sunday hours are optional. Our Yogic Path students may choose when they join; our Saturday and Sunday schedule of topics covered will follow the same format each weekend. $1000 Early Bird by Dec 20 or $1250 and/or $1700 with an Unlimited Yoga Membership. Contact courtney@veraposeyoga.com.

Yoga Teacher Training - RYT200 with Verapose Yoga and Meditation House • February 5 - 6, March 5 - 6, April 9 - 10, 30 – May 1, 21 - 22, June 25 - 26 • 9 a.m. - 5:30 p.m. • Join us for our Yoga Alliance 200 Hour YTT to empower your connection to your Self, and to learn how to guide others in enjoying the benefits of yoga. You will learn: A balanced approach to teaching, anatomy and physiology, layers of an Asana practice, breath as the foundation, the rich tradition of yoga from its origins. The weekend intensives are mandatory and run approximately 9 a.m. - 5:30 p.m. Saturday and Sunday with an hour lunch break (lunchtimes may vary due to our schedule), along with a few brief breaks. $3,200 paid in full before Jan 1. After January 1, tuition is $3,400. A payment plan is available. Contact courtney@veraposeyoga.com.

Valentine's Day Couples Yoga with Courtney L Fitzpatrick • Friday, February 11 • 7 - 8:30 p.m. • Join us for a lovely way to celebrate love! Bring a friend, a loved one, a partner or someone you enjoy being with, for an evening of fun partner yoga. We'll have ample time to get warmed up and have fun together in this light-hearted, unique way to practice yoga! All experience levels are welcome. $65 for a couple. Contact courtney@veraposeyoga.com.

Writers wanted!

The Crazy Wisdom Community Journal is looking for new writers, specifically for writers interested in writing about food and farm related issues, pets, and book reviews. If any of these subjects are of interest to you, please email a letter of interest and links or attachments to previously published writing to jennifer@crazywisdom.net.

We are always on the lookout for good articles about the holistic scene, psychological growth and body/mind modalities, integrative medicine topics, pagan-related subjects, personal journaling and essays, profiles and interviews of local green and sustainable business owners and holistic practitioners, and other feature writing. Please review our writer's guidelines at crazywisdomjournal.com/writers-guidelines. We look forward to reading your article pitches. Please send them to jennifer@crazywisdom.net.

Where can you pick up a copy of The Crazy Wisdom Community Journal?

Yes, Crazy Wisdom Bookstore is closing, but you can still find the Journal in many places around Ann Arbor and in surrounding areas. Here's a sample of places around town where you can pick up a copy of the current issue:

Ann Arbor:

Ann Arbor Pharmacy
Ann Arbor Public Library
Ann Arbor Senior Center
Arbor Farms
Argus Farm Stop
Balance Point Fitness
Bio Energy Medical Center
Booksweet
Center for Sacred Living
Clark Professional Pharmacy
El Harissa Market Cafe
Enlightened Soul Center
First Bite
Fiery Maple Wholistic Healing
Healing Hands Physical Therapy
Integrative Healthcare Providers
Jewel Heart
Kerry Town Market
Kouyate Healing Arts
Leslie Science and Nature Center
Matthei Botanical Gardens
Michigan Theatre
Mighty Good Coffee
Move Mind-Body Fitness and Wellness Studio
Nicola's Books
Oz's Music
Peaceful Dragon School
Peachy Fitness
Pharmacy Solutions
Pointless Brewery and Theatre
Roos Roast Coffee
Sweetwater's Cafe
Therapeutic Riding, Inc.
Thrive Wellness Center
Washtenaw Community College Student Center
Washtenaw Community College Health and Wellness Center
Wine Wood Organics

Ypsilanti:

Cross Street Coffee
Cultivate Coffee and Tap House
Evenstar's Chalice
This, That, and Odder Things
Twisted Things
Unity Vibration Kombucha
Ypsilanti Food Co-op

Plymouth, Livonia & Canton

Earth Lore
Yoga Practice Center
Zerbos

Saline:

Andrea Kennedy Center for Innovation and Education
Earth Elements
Eleanor's Sweets and Sodas
Salt Springs Brewery
Stony Lake Brewing Company

Chelsea and Dexter:

Agricole
Breathe Yoga
Community Farm of Ann Arbor
Corner Cup Cafe
White Lotus Farm & Tsogyelgar
Triple Crane Monastery

Jackson & Lenawee County:

Essential Energies
Divine Sanctuary
Pegasus Spa and Leisure
Free to Be Yoga and Massage
DNA Sales 2100
Gidrah's Mind Body Spirit

A seed grows with no sound but a tree falls with huge noise. Destruction has noise, but creation is quiet. This is the power of silence...grow silently.

—Confucius

